



Pledge to

DEFEAT DIABETES

I raise my hand to commit to stop Diabetes. I pledge to:

- ✓ **Adopt a healthier lifestyle, which includes eating healthy and participating in a regular exercise program.**
- ✓ **Always remember to put health first in order to better serve my family, friends and community.**
- ✓ **Maintain a regular schedule for health screenings.**
- ✓ **Commit to the movement to Share, Act, Learn and give to Defeat Diabetes.**